

East Coast Swing & Salsa Beginner Dance Lessons May & June 2016



Riverside Community Center

3601 East Riverside Drive, Ft Myers, FL.

Admission \$6 per lesson or both lessons \$10

Instructor – Cindy Lee Overton,

*6:45 PM East Coast Swing, Beginner coaching for East Coast
Swing 7:45 PM is included no charge*

7:45 PM Salsa

Practice floor 8:30-9:00 PM

*Series starts May 9, last lesson June 20, www.usadance6049.org,
Monday nights except May 2 and May 30*



East Coast Swing

ECS is a great dance for social occasions. We will be using the Bronze DVIDA syllabus taught by one of the premiere swing instructors in South Florida. The program starts at the beginning and progresses through the bronze syllabus including technique and styling tips especially helpful for the ladies. All figures are lead and follow so they can be used anywhere with anyone.

Some experienced dancers from our chapter will be available for coaching at the workshop after the lesson. We suggest beginners try one dance and take advantage of our workshop for swing.

We also suggest that you continue the program for the entire series so you can master the basic steps of the syllabus.

Salsa

The salsa is fun and easily one of the most popular dances. Here's an opportunity to learn the salsa in a comfortable group atmosphere. We will include ladies styling while progressing each week. The figures are all lead and follow so they are easy to use at any social occasion.

We suggest you continue for the entire series to bolster your repertoire of basic steps.

Practice Floor

After the lessons we offer our practice floor. Practice, practice, practice. The best time to practice is always now. This is an excellent opportunity to work what you have just learned into muscle memory.